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INSIDE FRANCO'S BUSY MIND

STAR TALKS ADAPTING LITERATURE TO FILM. PAGE 15

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'Nebraska' for Saul Goodman?

PAGE 16

Charli XCX: A familiar new sound

PAGE 17

Style: Say 'I do' to Mara Hoffman

PAGE 27

Wellbeing: Diabetes is preventable

PAGES 29-32

FATAL CROSSING

Life ahead of them. Two young children are among the pedestrians who have died recently after being hit by cars. **Big steps.** Transportation safety advocates are calling making a renewed push for safer streets. PAGE 02

Neighborhood residents, Leah Golubchick, her dog Milo and Rachel Attardi look at the Lucian Merryweather memorial. Merryweather was struck and killed by a car on Nov. 2. / BESS ADLER, METRO

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NEWS

After children's deaths, a call for traffic safety

Danger. A series of pedestrian deaths has put the spotlight back on our streets.

So far this has been a bloody week for pedestrians in New York City.

On Tuesday morning, a 47-year-old man was struck and killed by a car while crossing the street in Queens. On Monday, a 65-year-old woman in East Harlem was hit and killed by a truck. A few hours before that, two pedestrians were killed when a 22-year-old lost control of his Camaro and jumped the curb on Queens Boulevard.

With a seeming uptick in traffic injuries and fatalities, some are wondering if the city could do more to prevent such tragedies.

Some safety advocates, like Transportation Alternatives, argue that the city is not doing nearly enough.

They're calling for a two-pronged approach: an increase in police response and more expansive infrastructure change.

The deaths that have garnered the most attention have been those that affected young children.

Lucian Merryweather, 9, was killed on Nov. 2 on a quiet street corner in residential Fort Greene. A few weeks earlier, 12-year-old Sammy Cohen-Eckstein was killed off of Prospect Park. Both of those deaths



Neighborhood resident Greg Farkas looks at the Sammy Cohen-Eckstein memorial near Prospect Park. / BESS ADLER, METRO

Changes that would make streets safer

Transit advocates have a list of recommendations that they want to see implemented.

- They want changes to street design and configuration.
- They want lower speed limits in residential areas.

- They want "complete streets," including pedestrian plazas, islands and bike lanes where appropriate.

- They want protected bike lanes, buffered by an extended crosswalk and they want fewer lanes in large arterial roadways.

Safety first

"We're in a new era. The new public safety imperative is traffic safety."

Paul Seely White

brought the issue of pedestrian deaths back to the forefront. The chairman of the City Council's Transportation Committee, Jimmy Vacca, even said Cohen-Eckstein's death prompted him to call an emergency traffic safety hearing.

Mayor-elect Bill De Blasio has touted the Vision Zero plan, a list of transportation safety recommendations recommended by Transportation Alternatives and the Drum Major Institute, which aims to eliminate traffic injuries and deaths over the course of the next decade. Future Public Advocate Letitia James has also signaled that traffic safety is an issue she will fight for.

And on Wednesday, Queens residents took to the streets with the message "Three Children Too Many," citing the deaths of three children that happened in one Queens neighborhood, all run over by cars. The group asked the city to enact more "traffic-calming" measures.

Paul Seely White, executive director of Transportation Alternatives, acknowledged, "there's a new sense of urgency" in the city and expressed hope that further progress can be made in making New York streets safer.

DANIELLE TCHOLAKIAN
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Top 3

What's trending online at Metro.us

1 VIDEO: Mesmerizing cross-continental domino tricks'

2 VIDEO: Epic dance-off competition at Marine Corps Ball'

3 VIDEO: Women fake multiple orgasms in Katz's Deli'

Correction

Sean Jeffers, featured on the cover of Monday's Metro, is not a veteran of the first Gulf War. Metro regrets the error.

Stopped. Bloomberg ends rezoning plans for Midtown East

Without support from City Council, Mayor Michael Bloomberg's administration withdrew an application to rezone parts of East Midtown to allow larger skyscrapers in 73 blocks.

Council members said they failed to reach a deal before today's vote on the proposal and cited

concerns, including infrastructure improvement funding.

Bloomberg said he was glad to leave Mayor-Elect Bill de Blasio a "blueprint for future action."

De Blasio said he would commit to presenting a revised rezoning plan by the end of 2014.

ANNA SANDERS

Citywide thefts

Cops hunt for jewelry store robbers

Police are looking for suspects wanted in connection with seven robberies in Queens, Manhattan and Brooklyn in the last three months. Each time, one suspect entered the store armed with a handgun and the others stole the jewels, police said.

ANNA SANDERS

Under investigation

Manhattan woman raped while young daughter was next to her

Police are searching for a man who broke into a woman's apartment and raped her at knife-point while her 7-year-old daughter slept next to her in Manhattan.

He crawled through a window to get inside



THE SUSPECT

NYPD

the Mulberry Street apartment.

The suspect raped her while her daughter slept in the same bed, police said. LAURA SHIN

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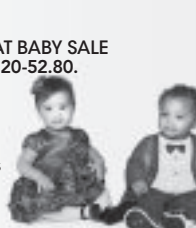
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Fire

Three-alarm blaze engulfs Bronx home

Firefighters battled a blaze that quickly became a three-alarm fire at a Bronx home Tuesday morning.

The fire department said 138 firefighters were dispatched to the Soundview home on

Taylor Avenue, where a fire had broken out about 7:30 a.m. and soon engulfed the building.

The fire was brought under control about 9 a.m. One firefighter was injured, according to FDNY.

The cause of the blaze will be determined by fire marshals.

ANNA SANDERS

Toy drive

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METRO

1 WTC officially tallest building in United States

Sky-high. The Freedom Tower was ruled taller than Willis Tower.

America's largest city once again hosts America's tallest building.

At 1,776 feet, 1 World Trade Center is officially the tallest building in the United States.

The Council on Tall Buildings and Urban Habitat announced the judgment Tuesday, ruling that the Lower Manhattan skyscraper is taller than Chicago's Willis Tower. That building, formally known as Sears Tower, measures 1,450

feet tall. The Freedom Tower's long mast complicated what appears to be an obvious height discrepancy. Without it, 1 World Trade Center would only be 1,368 feet.

The building's chief architect David Childs, of Skidmore, Owings & Merrill LLC, had to prove to the council's Height Committee that the mast was an expressive design element. He argued last week that the mast brought the building to the symbolic

height of 1,776 feet.

"We were very satisfied with the detailed information presented by the team, in particular, that which affirmed that the structure on top of the building is meant as a permanent architectural feature, not a piece of functional-technical equipment," council chairman Timothy Johnson said in a statement.

ANNA SANDERS
anna.sanders@metro.us

Symbol

"The design of 1 World Trade Center, as explained to us, reinforces its role as a symbol of resurgence on this important site."

Anthony Wood, executive director, Council on Tall Buildings and Urban Habitat

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Cops rescue man from the Verrazano Bridge

Life-saving. NYPD officers grabbed a man who was threatening to jump from the bridge.

A man upset that he could not find a job was rescued by NYPD officers as he threatened to leap from the Verrazano-Narrows Bridge on Monday.

The man had driven a Dodge Caravan onto the Brooklyn-bound side of the bridge on the upper level shortly after 10 a.m. He turned on his hazard lights, ditched the vehicle and walked out onto the outer cables, police said.

Detectives Jeffrey Loughery and Paul Fazio and Officer Robert Reed arrived at the scene, put on their safety harnesses and slowly approached the man.



The man was despondent because he couldn't find a job. / GETTY IMAGES

Reed began talking to the suicidal man, who said he was upset he could not find work and provide for his family.

When the man briefly looked down toward the water, Loughery and Fazio

believed he might jump and quickly grabbed him.

In a video that captured the dramatic rescue, the man is seen struggling to break free as the officers secure him with a safety harness and help him back up

to the road.

The man was then taken to Staten Island University North Hospital.

LAURA SHIN
letters@metro.us

Rector Street

Man rescued after falling onto tracks

The fire department received a call at 10:38 p.m. Monday about an unconscious person on the tracks at the Rector Street station.

FDNY officials said they were able to get the man from the tracks to the platform, and emergency medical personnel rushed him to Bellevue Hospital.

He was listed in serious condition, they said. It is unknown how he fell. Fire officials believe a Good Samaritan saw him lying on the tracks and called 911.

The MTA confirmed the man was not hit by a train. They had 1 train service stop at Chambers Street until 11:05 p.m. so that the FDNY could rescue the man.

DANIELLE TCHOLAKIAN

East Harlem

Cab crashes into truck killing pedestrian

A collision between a cab and a box truck in East Harlem on Monday afternoon resulted in the death of a 65-year-old woman, police reported.

The incident occurred about 12:50 p.m., according to police. Officers arrived at Park Avenue and East 102 Street to find Olga Rivera, 65, in the street.

Emergency medical personnel rushed her to Mount Sinai Hospital, but she was pronounced dead.

Police said a preliminary investigation indicated that the taxi was traveling west on 102 Street when it collided with a box truck traveling south on Park Avenue. The box truck jumped the curb and hit Rivera, police said.

DANIELLE TCHOLAKIAN



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Mayor Bloomberg rode off in a new taxi. / GETTY IMAGES

Bloomberg hails green taxis for outer boroughs

Fleet. City officials touted on Tuesday the outer-borough taxi plan in Brooklyn.

Outer-borough streets are going green — Big Apple green.

More than 1,000 green outer-borough taxis are on city streets, officials announced Tuesday.

"There's a hot color for every season," Mayor Michael Bloomberg said of the burgeoning fleet in Williamsburg.

The cars are meant to address transportation inequalities in the outer-boroughs.

"For too long, four-and-a-half out of our five boroughs did not have taxi service," the mayor said.

The official green taxis can accept street hails

above W. 110th Street and north of E. 96th Street in Manhattan, and anywhere in Brooklyn, Staten Island, the Bronx and Queens, except for airports.

Though Bloomberg hailed the outer-borough taxi plan as a "win-win-win," the fleet's future remains uncertain in the next administration.

Mayor-Elect Bill de Blasio has expressed vague opposition to the plan, but Bloomberg said he doesn't know what that means for the green cabs.

"This has been a phenomenally successful program," he said.

After discussing the plan's merits, the mayor hopped in a green taxi and sped to his next appointment.

ANNA SANDERS
anna.sanders@metro.us

By the numbers

The TLC has sold all 6,000 licenses for the green taxis, all of which will be on the road by March.

- More than 1,000 cabs already on the streets have made nearly 300,000 trips

totaling some 885,000 miles since August.

- The Boro Taxi plan allows for an additional 6,000 outer-borough cab licenses in both 2014 and 2015.

Relief

How New Yorkers can help Typhoon Haiyan victims

New Yorkers that would like to help relief efforts following the aftermath of Typhoon Haiyan can donate to the Mayor's Fund to Advance New York City.

"The typhoon that

Typhoon survivors
GETTY IMAGES

struck this weekend was devastating and heartbreaking," Mayor Michael Bloomberg said Tuesday. "It really hit home for our city's strong Filipino community."

Contributions will be directed to reputable organizations providing on-the-ground relief, the mayor said.

"People from around

the world have always been with us when we needed help and we've got to make sure we're there when they need it," Bloomberg said.

"I know New Yorkers are not hesitant to show their support for our friends in the Philippines," he added.

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ANNA SANDERS

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Push. New Obamacare sign-up effort aligns with expected site fix

A new push to sign up Americans for insurance under President Barack Obama's health-care law will begin in December, when the government's faulty enrollment website is expected to work better, an advocacy group leading the campaign said.

Technical problems with the HealthCare.gov website since it opened Oct. 1 has hindered enroll-

ment and undercut momentum for organizations such as Enroll America, which has led efforts to explain benefits to consumers in 10 states.

The Obama administration is racing to fix the website by Nov. 30 so that people who want benefits to start on Jan. 1 can enroll in time under the 2010 Affordable Care Act.

REUTERS

Protest

Albanians angry with US over Syrian chemical weapons

The prospect of Syria's chemical weapons being dismantled in Albania caused protests in the

capital Tirana on Tuesday, exposing a rare dent in the NATO member's loyalty to the United States.

Hundreds protested in front of the U.S. embassy in the Adriatic republic, chanting "Albania is ours" and holding banners that read "Yes, we can say 'No.'" **REUTERS**

US, UK send warships to help speed relief efforts



A woman carrying a child cries as other survivors of Typhoon Haiyan wait to board a C130 aircraft during the evacuation of hundreds of survivors of Typhoon Haiyan on Tuesday. / GETTY IMAGES

Philippines. Toll expected to rise as rescuers reach devastated towns.

The United States is sending an aircraft carrier to the Philippines to help speed up relief efforts after a typhoon killed an estimated 10,000 people in one city alone, with fears the toll could rise sharply as rescuers reach devastated towns.

The USS George Washington aircraft carrier should arrive in 48 to 72 hours, the Pentagon said, confirming a Reuters report.

A statement said crew from the George Washington, which carries some 5,000 sailors and more than 80 aircraft, were being recalled early from shore leave in Hong Kong and the ship was expected

to be under way in the coming hours. Other U.S. Navy ships would also head to the Philippines, it said.

The Philippines has been overwhelmed by the scale of Typhoon Haiyan, one of the strongest on record, which tore a path through islands in the central Philippines on Friday.

Rescue workers were trying to reach towns and villages on Tuesday that have been cut off, which could reveal the full extent of the loss of life and devastation from the disaster.

REUTERS

Quoted

"We're sadly expecting the worst as we get more and more access."

John Ging
Director of operations at the U.N.
Office for the Coordination of
Humanitarian Affairs

Quoted



Relief goods / GETTY IMAGES

“There are hundreds of other towns stretched over thousands of kilometers that were in the path and with which all communication has been cut.”

Natasha Reyes
Emergency coordinator in the Philippines
at Medecins Sans Frontieres



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Supreme court

Justices decline to hear second Oklahoma abortion case

The U.S. Supreme Court on Tuesday declined to review a decision striking down an Oklahoma law that required any woman seeking an abortion to be shown an

ultrasound image of the fetus beforehand.

By refusing to hear the case, the high court left intact an Oklahoma Supreme Court ruling that struck down the law on the basis that it violated the U.S. Supreme Court's precedent on abortion restrictions.

It was the second time in two weeks that

the high court had declined to review an Oklahoma court ruling that struck down an abortion restriction.

Last week, the court dismissed another case concerning a state law in Oklahoma that cracked down on the use of the abortion-inducing drug RU-486.

REUTERS

Conn. adds \$16M to boost school security



Newtown was shaken on Dec. 14, 2012, when a gunman walked into Sandy Hook Elementary School and opened fire, killing 20 young children and six faculty and staff. / GETTY IMAGES

Connecticut on Tuesday released an additional \$16 million in state funding toward boosting security at school buildings, nearly a year after a gunman massacred 26 people at the Sandy Hook Elementary School in Newtown.

The funding follows an initial release of \$5 million in September to pay for additions including bulletproof glass, panic alarms, surveil-

lance cameras and other technology. Most of the initial funds were meant for Hartford, the state capital city and Bridgeport, its largest city.

"This allows us to continue to get resources out to the cities and towns that have begun work to modernize their security infrastructure and ramp up safety procedures at school buildings in the wake of the horrific events on [Dec. 14,

2012]," said Gov. Dannel Malloy at a gathering in the town of Farmington focused on school security.

Malloy said the new funds, some generated through issuing state bonds, would be made available to 435 schools in 75 school districts, bringing the total number of schools with state security funding to 604 schools in 111 districts.

REUTERS

New study

Being a bully linked to casual, risky sex

Teens who bully other kids, or are both bullies and bullied themselves, are more likely to engage in risky sex, according to a new study. That's especially the case among heterosexual teens, researchers say.

"Some previous research has found that aggression and sexual



Teens / COLOURBOX

risk-taking are related, so it was not entirely surprising that bullies and bully-victims reported more sexual risk-taking than their peers," Melissa K. Holt said.

What's more, some research has found that kids and teens cope with being bullied by using drugs or alcohol, for instance. Acting out sexually may be another way young people respond to bullying, Holt told Reuters Health. REUTERS



Banks. Cyber attack 'war game' tests London's lenders

A cyber attack by a foreign government on financial markets played out in one of London's historic halls on Tuesday in a "war game" simulation designed to test the city's defenses against online saboteurs.

Regulators and companies are growing increasingly concerned about the threat of cyber crime to the banking system, including the impact of coordinated online assaults or hacking attacks on specific lenders. The Bank of England has told banks to strengthen their defenses against cyber attacks.

One unidentified London-listed company incurred losses of 800 million pounds (\$1.3 billion) in a cyber attack several years ago, according to British security services.

Tuesday's five-and-a-half-hour event involved simulations designed to test how well banks and



Financial safety / COLOURBOX

Participants

100

About 100 bankers, regulators, government officials and market infrastructure providers gathered to take part in an exercise dubbed "Waking Shark II" at Plaisterers' Hall in the heart of Britain's financial district.

other market players communicate and coordinate with authorities and each other, sources told Reuters. **REUTERS**

Hot mess

Incoming comet ISON heading for encounter with sun

A comet is heading for a close encounter with the sun later this month, and if it is not vaporized or torn apart, it should be visible to the naked eye in December.

Comet ISON is expected to pass just about 621,000 miles from the sun's surface on Nov. 28.

Scientists are not sure how ISON will hold up. As it blasts around the sun, traveling at 234 miles per second the comet will be heated to about 5,000 degrees.

REUTERS

COMET ENCOUNTER
GETTY IMAGES

Body part

Dog finds human leg, owner buries it

A 93-year-old Washington state man, whose dog returned home with a human leg it had found, buried it in his backyard on an Indian reservation to avoid being suspected of a crime, a local official and media reports said.

The dog found the unknown person's leg last week on the Nisqually Reservation, roughly 60 miles south of Seattle, Thurston County Sheriff's Office spokesman Tim Rudloff said late on Monday evening.

REUTERS

MAN'S BEST FRIEND
COLOURBOX

Slushy little snowman

A small snowman sits on a table with the Cloud Gate (also known as The Bean) in the background in Millennium Park on Monday in Chicago. The snowfall was the first of the season for the city. **GETTY IMAGES**

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Air Force. Trial of officer accused of groping woman begins

The trial of an officer accused of groping a woman while he headed the U.S. Air Force's sexual assault prevention unit began yesterday in a Virginia courtroom.

Lt. Col. Jeffrey Krusinski is facing a jury trial in Arlington County, outside of Washington, on a misdemeanor charge of assault and battery for allegedly groping a woman in a Pentagon parking lot in May.

Krusinski was the head of the Air Force's sexual assault prevention and response branch, and his arrest took place the same week that the Pentagon reported that unwanted sexual contact complaints jumped 37 percent last year.

Commonwealth Attorney Theo Stamos told Reuters she expected the trial to last two days.

REUTERS

Case facts

Krusinski was originally accused of sexual battery, but prosecutors revised the charge to assault and battery in July, saying it was a more appropriate charge.

- After he was charged, Krusinski was moved to another military personnel job.

By the numbers

12

If convicted of assault and battery, Krusinski faces a maximum penalty of up to 12 months in jail.

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He would also face a fine of up to \$2,500.

US Airways, AMR reach antitrust settlement

US Airways Group Inc. and American Airlines will give low-cost competitors more access to a half dozen key U.S. airports, including New York and Washington, D.C., in exchange for permission to merge and create the world's largest airline. The agreement announced on Tuesday settles a government lawsuit filed in August that argued that US Airways and AMR Corp., parent of bankrupt American Airlines, should be forced to scrap the merger because it would hinder competition and lead to higher fares. It is a compromise for the airlines, which will divest a number of takeoff and landing slots at Reagan National Airport just outside Washington, D.C., and at New York's LaGuardia Airport, both busy airports with limited capacity. At Reagan, the airlines will shed 52 slot pairs of nearly 300 total held by the two carriers, a move that affects 44 daily departures, said AMR spokesman Casey Norton. A slot pair is a set of scheduled times for a takeoff and a landing at the same airport. The carriers agreed to divest 17 slot pairs at LaGuardia. **REUTERS / GETTY IMAGES**

Apple picking time

iPad Mini with retina display goes on sale

Apple Inc. began selling its iPad Mini with retina display on Tuesday, with a starting price of \$399.



THE IPAD MINI
GETTY IMAGES

Apple launched the thinner and lighter version of its tablet called "iPad Air" on Oct. 23 and said an upgraded version of the iPad Mini will go on sale this month.

While Apple announced the product ear-

lier, the exact date when the iPad Mini would go on sale was not known.

The iPad Mini includes a higher resolution screen and the A7 chip used in iPad Air and the new iPhone 5S.

REUTERS

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Metro exclusive



DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the eighth installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Day 8: Temp stumbles upon a shootout

"Get back!" A policeman standing in front of the yellow-taped off parking lot barked at us to move. We saw police snipers on the roof.

Sarah No. 3 was close by and we asked what was happening.

"Kevin Taylor is bunkered inside the remains of the warehouse."

"And...?"

"He says he's going to kill himself."

"Oh God. Any hostages?"

"They don't think so."

Talk about drama.

Just then, the Shoeman and his father, Xu Senior, pulled up across the street and came over. We filled them in. Xu Senior went in pursuit of more info while, as per our agreement, Shoeman pretended to speak English as though he'd

been taught in Peoples' Glorious Education Facility Number 43,607: "This episode with gun create many unglorious feng shui problems. May jeopardize once benevolent deal to buy company."

The Sarahs both saw their buyout stake evaporating, panicked, and went to hunt for Mel from Payroll.

Shoeman reached into a Whole Foods paper bag for snacks. Once the Sarahs were out of ear-shot I asked him what he was eating.

"Two hundred bucks' worth of raw unfarmed British Columbia salmon. Nothing like it for

marathon training. Want some?"

"Ick, no thanks. Would a shooting really kill the sale of the company?"

"My dad's totally old school. He can't buy a building someone's died in. A standoff like this could be just as bad. I could care less, but I think we have to fly back to China tonight and discuss this with the family."

"Really?"

"Yup. Which also upsets my training schedule, because yesterday I found this perfect running track nearby — an elementary school they closed because of tax cuts. The soft unmown grass is perfect



"This episode with gun create many unglorious feng shui problems." / COLOURBOX

on my feet."

I grew worried...

"What about... what about our secret plan?"

He winked at me. "One day at a time, Shannon. By the way, I was guest at a poker night and I found out what they make at the defense contractor next door there."

"What?"

"In-dash beverage cad-dies for drones."

"My sister would love that — hey wait, drones are unmanned!"

"Gotcha."

Then shots rang out. Holy crap! We ran and ducked behind a pickup. It was like in the movies: guys in black running

across the roof, with more guys closing in from all sides. I was really frightened Kevin would get killed. He's a nice guy but life simply hasn't been too kind to him lately.

There was some silence and then we heard squeaking wheels, like a child's toy wagon. A moving dolly rolled out of the open double-wide doors of the warehouse. Duct-taped on top of it was a poorly made effigy of Kevin from the waist up. It was holding a broomstick as a rifle and was shot through with bullets.

"Uh-oh."



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CULTURE



Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Alec Baldwin is being very vague, Lindsay Lohan is staying positive and Steve Martin is figuring out the game.

@ABFalecbaldwin: Will we die never knowing?

@lindsaylohan: take a deep breath, and try again...

@SteveMartinToGo: Twitter followers increase by dozens during "sexy Tweets."

Everyone is freaking out over this dress

I am in the Jennifer Lawrence Can Do No Wrong camp. She could wear a coonskin cap and shoes made out of coconut husks and I'd be like, "Brava!"

But the critics don't feel the same way — they are after her big time about the Christian Dior dress she wore to "The Hunger Games: Catching Fire" London premiere on Monday.

"It honestly looks like someone crushed a bunch of multi-colored suckers and stuck them onto the bottom half of this dress," opined one blogger. And in a post titled "Catching Fire Premiere Or A Project Runway Fashion Show (You Make The Call)," Dlistad asked, "How can you explain wearing Sandra Lee's best tablecloth (she needs it back for her Glitzy Glamour Christmas tablecape) to a movie premiere?"



Can Justin Timberlake and Julia Roberts take the heat?



For Timberlake, a guy who's been beloved his whole career, the change in public perception is bound to be bewildering. / ALL PHOTOS GETTY IMAGES

Who would have thought two of the most beautiful, successful people on the planet — Justin Timberlake and Julia Roberts — are also two of the most thin-skinned?

Granted, Timberlake has had a tough autumn. His film "Runner Runner" and his album, "The 20/20 Experience: 2 of 2," were both panned by critics. Variety even ran a piece titled "Why Justin Timberlake Should Stop Acting."

For a guy who's been beloved his whole career, the sudden change in fortune is bound to be a bit bewildering. "Where

did all this vitriol come from? It's mean. And I'm not cut out for it," he told GQ. "The movie didn't do well at the box office, so I should quit? I have the No. 1 album this week, and I shouldn't have released it? Come on, man. You sound like a dickhead."

Meanwhile, in a Marie Claire interview, Roberts claims she stays away from the Internet. "I have too much potential for collapse. There's an anonymity that makes people feel safe to participate in hatefulness. I like a good old-fashioned fistfight."

Talking point

Reynold's sweater is puke-free

So that story about Ryan Reynolds having to spend most of a recent flight from New York to New Orleans sans shirt after a

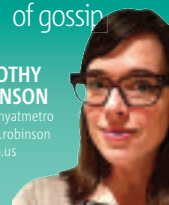
fellow passenger who was drunk puked on his cashmere sweater? Totally fake, according to the man himself. "I heard about that," the actor tells Vulture. "That is utterly made up. I don't know where that stuff comes from. It's fantastic, it sounds like a great

story." In fact, Reynolds remembers exactly the last time someone vomited on him. "Someone threw up on me in fifth grade. That was the last time it happened," he says. "Sherry Piper, while we were square dancing. Trafalgar Elementary School."

THE WORD

Dorothy Robinson takes on the world of gossip

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Lady Gaga worries about Perez Hilton — a lot

A feud with blogger Perez Hilton shows no sign of cooling, with Lady Gaga revealing that his getting an apartment next to hers in New York has made her very, very nervous.

"Everyone can hate me from afar, but the second you try to move in



next door to me, I know you're getting too close and it's not safe," she tells Howard Stern. "If you hate someone and you want to move next door to me, the only thing I can think of is that you're moving in because you want to blow yourself up."

Remember though, earlier this week Gaga admitted to radio host Elvis Duran that she had been smoking as many as 15 to 20 joints per day during a bout of "pot addiction." And that's, ah, quite a bit. So perhaps some paranoia is understandable?

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Franco, Faulkner and Facebook

Interview.

Adapting difficult novels into films has become James Franco's latest "thing."

As you may have heard, James Franco has been busy. In addition to being a prolific actor (he squares off against Jason Statham in "Homefront" in a couple weeks), he's also a prolific director who's particularly drawn to novels deemed unfilmable. His take on William Faulkner's "As I Lay Dying" — which played at the Toronto Film Festival this year along with his film of Cormac McCarthy's "Child of God" — has just arrived on DVD. And in addition to "Actors Anonymous," his new book of short stories, he's promising an adaptation of Faulkner's "The Sound and the Fury" next.



James Franco is one busy guy. / GETTY IMAGES

Quoted

"There are stories that I love that I just don't think would be told. 'As I Lay Dying' has been around for 80 years. Nobody's made it. So I made it." Franco

Franco on literary adaptations: "What I figured out with even my short films based on poetry is if I use a literary source that is somehow stylistically interesting or stylistically unconventional-

al or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking," he explains. "If I'm going to direct a film, I don't want to just do a nice job at something that you've kind of seen before. I want to explore new stuff. And that's one of the reasons why I don't just act."

"There are stories that I love that I don't think would be told. 'As I Lay Dying' has been around for 80 years. Nobody's made it. So I made it. There's this old adage that great books make bad movies and bad books can make good movies. I don't think that's completely true, but what I think is true is when people love a good book, it's not just because of the story, it's because of the way it's written. Something that works in a book might not work in a movie the same way. You have to translate the style. And I love that. That's, I guess, become my thing."

More insight

Franco on Franco

"The way that we look at ourselves is forever changed because of the way our own images are distributed, the way we distribute them, the way we reshape them. It's tied up with public image, celebrity and our relationship to that," Franco says. "I really view ... my relationship to my public image as something that is just maybe a larger projection or a larger, more extreme version of the way someone projects him or herself on Facebook, photos that he or she decides to post, what he or she decides to write, how that public image is crafted."



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GETTY IMAGES

BOB ODENKIRK

"Nebraska" allows the actor to once again do a more serious form of comedy.

DRAMEDY IS HIS FORTE

Along with David Cross, Bob Odenkirk is responsible for the sketch comedy landmark "Mr. Show." But he's done plenty of drama — just the funny kind. His role as sleazy (but weirdly capable) lawyer Saul Goodman was one of the highlights of "Breaking Bad." "Nebraska" reunites him with "SNL" favorite Will Forte, who he directed in "The Brothers Solomon." But it's a serious comedy — a funny-moving study from Alexander Payne of a family whose sons (Forte and Odenkirk) have to deal with an aging,

stubborn, alcoholic father (Bruce Dern) who thinks he's won a million dollars (he hasn't).

How did you get involved in a dramedy from a major filmmaker that reunites you with Will Forte?

I have auditioned for three of Alexander's films. I read for "Sideways," and I read for "About Schmidt," and I read for this. I love his work, I'm a huge fan. I felt very confident in playing Ross because I feel like I know him for a number of reasons — not the least

because my father had an alcohol problem. My response to the whole experience was not unlike Ross's, which is anger and lack of forgiveness.

Is drama the same thing as comedy, generally speaking?

I probably have a harder time playing large on some of those sketch comedy stages that I perform on than I do playing smaller and internalizing. And by the way, Vince Gilligan gave me the role of Saul Goodman because of "Mr. Show," not for anything

else. I think there's probably a couple things on "Mr. Show" where you can see the kind of commitment and modulation that a dramatic performance needs to have.

Did you ask him which sketches inspired him casting you?

I didn't ask him. I never want to look too close in the gift horse's mouth. I'm just like "Whatever you say, Vince, thank you." Then I walk away. I don't want to ask why these lunatics give me these opportunities.

How was working with Alexander Payne?

I keep saying how confident Alexander is. And that's something that's refreshing and that only makes you feel more secure and able to ... try things. A lot of filmmakers and a lot of us making art, we're crossing our fingers behind our back. I think Alexander Payne is not crossing his fingers. He does the work in every side of his filmmaking.



MATT PRIGGE
matt.prigge@metro.us

Keeping it real?

You're from the Midwest. How accurate is this film in portraying it?
That dinner scene ... I had so many of those dinners. They're not farmers, my family, but my God, that was just like every Thanksgiving I went to until I was 27, 28.

The men don't talk and watch football.
Everyone's watching football, the women talking, lunatic comments, funny characters, resentments that kind of creep out, friendliness, warmth, forgiveness — it's all on display. Sometimes you look at those people and you go, "What a clown car I'm in." And then sometimes you look at them and think, "These are the best people ever, and I love them all." You can see it from many sides. And I think this movie is the same way: You can see it as a funny comedy ... but also as a devastating, honest portrait of a family.

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Charli XCX finds 'True Romance'

Iconic pop. She wrote (but didn't record) "I Love It," but she's also got something to say for herself.

The pop landscape in the second decade of the millennium seems to be all about girls gone wild. But Charli XCX swears she's not trying to be a badass. Come to think of it, Charli XCX does a lot of swearing on her debut from earlier this year, "True Romance."

"I don't really think like, 'Oh, I'm going to swear, let's be really edgy,' or any of that s—," she says. "I feel like I swear quite a lot in general life anyway, so when I'm writing it's really just what's in my brain."

Writing songs is some-



Charli XCX does "I Love It" live, but she says, "I make it punk when I perform it." / FILMMAGIC

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thing she may be better known for than singing them. She penned Icona Pop's mega-hit, "I Love It."

"When I wrote 'I Love It,' it was just me screaming into a computer," she says. "That's generally what happens when I write."

She speaks with a jolly English accent and is alternately funny and disarmingly sincere, much like the lyrics on "True Romance." She also meant it when she wrote the "I Love It" line, "I'm a '90s bitch." (She was born in 1992!) She says penning such a huge hit has given her the chance to work with "a '90s bitch" of another sort.

"I was in a session the other day with William Orbit for Britney," she exclaims. "It was an honor to be invited to that session!"



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Hip-hop. Talib Kweli returns with a new album, business plan and outlook.

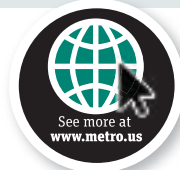
Wide influence

'If skills sold'

Talib Kweli may be opening for Macklemore and Ryan Lewis at the Garden Wednesday through Friday, but he's no stranger to the industry's big boys. Kanye West credits Kweli with giving him his start in the industry, and Jay Z references him on "Moment of Clarity" when he spits, "If skills sold, truth be told, I'd probably be lyrically Talib Kweli." Translation: If money didn't matter, Jay Z might have never been big pimping.

"That's definitely a compliment," Kweli says. "He's one of the best ... so for him to come out and say something like that, it's a credit to what I'm doing."

Gratitude and 'Gravitas'



On his classic 2007 track, "Hot Thing," rapper Talib Kweli rhymes, "I'm sending this one out to you and you and you." When dealing with a guy who has been called the deepest thinker in the rap game, you know he doesn't use language lightly, and Kweli is making good on that claim and literally sending his next album out to you.

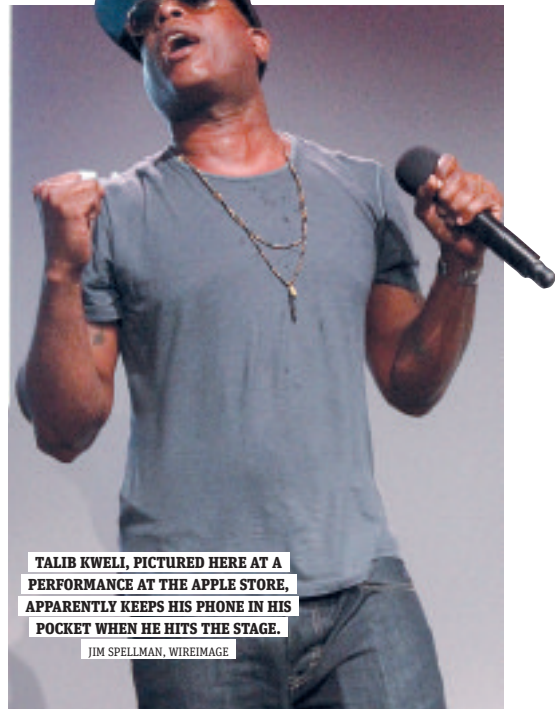
"This is the first album I'm dropping directly to my fans," Kweli says. "No label. No nothing."

In an effort to directly connect with his fan base, Kweli is making his latest project, "Gravitas," available in an exclusive presale through the website Kweli-Club.com. It marks the rapper's sixth solo album and features the likes of OhNo, Q-Tip, Lord Quest and Rich Kidd. Kweli says his goal is to eliminate the middleman, as in the greedy music executives wanting their cut.

"I'm not an artist presented on a huge national level," he says, humbly. "I'd rather just email my core fans and put it out there than spend millions on a direct marketing campaign and hope you buy it. I don't have to convince you if you're already a fan."

"Gravitas" is due to be released on Dec. 15. Kweli, who promises to personally interact with fans via email and social media, says it stays true to his classic vibe, meaning it won't feature any lyrics involving Maybachs or boots with the fur.

"I make music for my-



TALIB KWELI, PICTURED HERE AT A PERFORMANCE AT THE APPLE STORE, APPARENTLY KEEPS HIS PHONE IN HIS POCKET WHEN HE HITS THE STAGE.

JIM SPELLMAN, WIREIMAGE

Quoted

"I make music for myself. It wouldn't come out if I didn't feel good about it." Kweli

self," he says. "It wouldn't come out if I didn't feel good about it."

While Kweli's name literally translates to scholar, he disagrees with people who call him a political or psychological rapper. In fact, he shies away from any and all labels. When asked to classify his style, Kweli says, "I wouldn't. Too many artists get caught up in labels. Just listen to it."

That seems to have always been Kweli's method, and it's also in keeping with the method he prescribes for others. When asked what advice he has for up and coming rappers, he says, "Do it yourself. Follow your own path. Make your own way."



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If you don't know Alison Bechdel, you might feel like you do from reading her candid graphic memoir, "Fun Home." Now, you'll find the same frank familiarity in the comic's musical adaptation, directed by Sam Gold, onstage at The Public Theater.

The story is an introspective on Bechdel's childhood, spurred by her family's unraveling. Our illustrator/narrator is a lesbian who learns as an adult that her father was also gay. After his suicide, she ponders the truths and lies buried in the foundation of

their home life — including omissions and concessions from her mother.

Maybe that all sounds too serious for a night on the town? Nope: "Fun Home" is a side-splitting, self-deprecating tour de force, with just the right amount of insight (it doesn't pretend to have all the answers). The structure seems built for fiction, but is true to life: Bechdel's family runs a funeral home — or as the kids call it, "fun home." The renovation hobbyist father (Michael Cerveris) is sleeping with the handyman (Joel Perez) while the mother (Judy Kuhn) sits in the next room. Teen Alison (Alexandra Socha) anxiously and awkwardly circles her college's LGBT alliance, like a dog before it settles, after a long struggle with butch identity and pink dresses.

All the while, Bechdel wonders if she was always seeking her father's approval and why she could never have it. The narrative balances childlike naivete with a grown-up analysis of the clues and cues dropped along the way. Indeed, child Alison (Sydney Lucas) and adult Alison (Beth Malone) are often onstage



Sydney Lucas and Michael Cerveris star in "Fun Home," based on the Alison Bechdel book. / JOAN MARCUS

at the same time, the latter assessing the former's every move for a hint that the future could have unfolded differently.

The music — by Tony Award nominees Jeanine Tesori (composer) and Lisa Kron (lyrics, script) — is absolutely gorgeous. And the

leads, notably the three Bechdels, are exactly on point. But this cast, like the continuously restored home onstage, is more than the sum of its parts.

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The most expensive property to hit the market is a condo at 15 Central Park West. Marketed by Brown Harris Stevens, this 6,000-square-foot five-bed, five-bath combines two units. The space offers panoramic views in three directions.



Cheapest

\$175K

The least expensive unit to hit the market this week is a studio at 438 W. 49th St. Listed by Halstead, this co-op is in good condition and located on a quiet residential block. Investors have the opportunity to rent the space.

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.



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Grown-up lunch box

Shop. Here are two responsible and stylish ways to tote your to-go meals.

You don't have to be 8 to bring your own lunch and snacks to work: We found some non-dorky and environmentally friendly options to tote your home-made trail mix around in. Until next time, office vending machine.

Cuppow's BNT0

You already carry coffee and water in a Ball Jar (how hipster of you), so why not your apples and peanut butter? Inspired by Japanese bento boxes, Cuppow created an insert that separates a canning jar into two compartments. The BPA/

BPS-free plastic cup hold 6 fluid ounces — perfect to separate your salad dressing from greens or yogurt from granola. And for those of you who like to drink out of jars, the brand also created a lid for spill-free sipping.

Say goodbye to your sandwich bag guilt

Russbe makes reusable snack and sandwich bags that are durable, have a locking seal to keep food fresh, are stain-resistant and can get thrown in the dishwasher. But what we really love is the fun, cheery prints that make our soulless rice cakes seem exciting.



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Celebrity. DiCaprio picks up unit at the Delos on East 11th St.

After months of shopping around Manhattan for the perfect pad, Leonardo DiCaprio has closed on a unit in the Delos building at 66 E. 11th St. It is unclear which of the building's five units DiCaprio purchased, but the penthouse is listed for \$50 million.

DiCaprio told the New York Post that "Delos creates innovative building designs that both enhance human health and improve the environment."

In fact, DiCaprio is such a fan of developer Delos Living's commitment to sustainability and wellness that he has become an investor, joining Deepak Chopra and other notables on the building's board of advisers. **CHRISTOPHER CAMERON**

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Bed-Stuy is one of the up-and-coming areas in Brooklyn. / GETTY IMAGES

Brooklyn's

Residential.

As demand rises, the borough sets records for everything from townhouses to condos.

It's no secret that Brooklyn has changed dramatically in recent years, with hot new restaurants and an NBA basketball team to boot. These changes have brought significant price increases for real estate, especially now that housing demand is surging in the wake of the real estate downturn.

Indeed, as neighborhoods like Brooklyn Heights, Williamsburg and Dumbo lure more Manhattanites across the river, Kings County has set a number of new real estate records. This year in particular, the ongoing inventory shortage has pushed Brooklyn prices higher than ever.

"Since last January, [Brooklyn] prices have escalated because of the lack of product," said Rhea Cohen, a broker in the Brooklyn Heights office of Brown Harris Stevens. "Most co-ops and condos have been having multiple offers, and are going for higher than their asking prices."

Of course, even Brooklyn's record-high prices still represent a significant discount to Manhattan.

And there are key differences between real estate in the two boroughs.

The most expensive properties in Manhattan are condos — with some now asking more than \$100 million — but historic townhouses are Brooklyn's priciest housing type.

Along with some enclaves in Southern Brooklyn, the Brooklyn neighborhoods closest to Manhattan, like Dumbo and Brooklyn Heights, have historically seen the highest home prices. But as the borough's popularity grows, emerging neighborhoods like Bedford-Stuyvesant and Clinton Hill are seeing new highs.

"Brooklyn is going through something really interesting," said Joseph Cohen of Manhattan-based developer East River Properties. "It has incredible demand coming from Manhattan [and] from the suburbs, but basically no supply to speak of, and very little coming on the market. There really is very limited availability."

This month, The Real Deal took a close-up look at the Brooklyn records that have recently been broken.

Most expensive townhouse

Brooklyn record:

\$12.5 million

Manhattan record:

\$53 million

Brooklyn's highest-priced sales are generally townhouses, spurred by brownstone-loving buyers looking for original crown moldings and more space than they can afford in

Manhattan.

"The townhouse market is in an uncanny place," said Doug Bowen a CORE broker. "The velocity of price increases — it's better than I've seen in my 15 years in real estate."

Last January, for example, a seven-bedroom townhouse at 212 Columbia Heights in Brooklyn Heights sold for \$11 million, setting a new record for the borough's priciest home sale.

But only a few months after the sale, the record was shattered again by a townhouse around the corner, at 70 Willow St. The house, where Truman Capote wrote "Breakfast at Tiffany's," traded for \$12.5 million in March 2012.

There are already a number of listings that could break that new record. The Tracy Mansion at 105 Eighth Ave. in Park Slope is on the market for \$15 million. The 50-foot-wide former school is being listed by Halstead Property's Marc Wisotsky and Jackie Lew. Still, it initially hit the market a year ago priced at \$25 million, and has seen two price chops since then.

Also in Park Slope, a seven-bedroom townhouse at 45 Montgomery Place hit the market for \$14 million in late September with Douglas Elliman super-broker Raphael De Niro. That's more than double the \$6.05 million sale price the house last traded for in 2006, according to the real estate listings website StreetEasy.



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The ultra-luxurious one- and two-bedroom residences, priced from the \$2,200s and available for immediate occupancy, feature spacious layouts, condo-style finishes, and dramatic views of the Hudson River, George Washington Bridge and Manhattan skyline. Modern interiors include hardwood flooring, chef-inspired kitchens, oversized windows and in-home washer/dryers, as well as private outdoor space in almost every home.

Twenty50's spectacular array of amenities include a dramatic two-story lobby featuring 24/7 concierge services, Business Café/Coffee bar, Library with seating

and a fireplace, and a Residents' Lounge/Billiards room. Outside on the landscaped terrace, a heated outdoor pool, lounge seating, barbecue grills and a fire pit are set against the stunning backdrop of the New York City skyline. An expansive state-of-the-art fitness center with Star Trac equipment rounds out the amenity offering. Onsite maintenance and covered parking are also available.

For more information about Twenty50 please visit www.RentTwenty50.com or contact the onsite leasing center at (855) 852-2050.

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With over 60 years of real estate development experience, BNE Real Estate Group is a national, family-owned organization that is firmly committed to creating exceptional living experiences for their residents. Their distinguished portfolio of properties include the development of over 30,000 homes, more than 1 million square feet of commercial space, and the ownership and ongoing management of nearly 8,000 apartments, with communities stretching from the Tri-state area south to Florida, and west to Texas and California.

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Somewhat affordable

Neighborhood records

Old Prospect Hts. record:

\$3.3 million

New Prospect Hts. record:

\$4.3 million

Not surprisingly, many of Brooklyn's emerging neighborhoods are breaking real estate records.

"People are being priced out of the more gentrified areas," said Elliman broker Alex Maroni. "They'll go from Brooklyn Heights into Prospect Heights into Crown Heights."

One area that's seeing rapid price appreciation for

that reason is Bedford-Stuyvesant. It's now common for brownstones in the neighborhood to trade for seven figures, but brokers said the million-dollar mark was, until recently, a psychological barrier for apartment buyers.

But that changed in June, when the 1,559-square-foot penthouse at new construction condo 105 Lexington Ave. sold for \$1.04 million — a neighborhood record.

Maroni attributed the high price to the apartment's size. The three-bedroom penthouse, which has a roughly 650-square-

foot terrace and 13-foot ceilings, is "the size of a small house," he said.

He added that it was only a matter of time before a Bed-Stuy condo passed the million-dollar mark. "It was bound to happen — the market was already there," he said, noting that in Bed-Stuy these days, "a brownstone is \$1.5, even \$2 million."

Another neighborhood that has broken records recently is Prospect Heights. In June, a townhouse at 206 Park Place sold for \$4.3 million — the highest price ever paid for a house in the neighborhood.

heights



TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL
New York Metro Area Real Estate

Quoted

"[Brooklyn] has incredible demand coming from Manhattan [and] from the suburbs, but basically no supply to speak of, and very little coming on the market." Joseph Cohen, East River Properties

Out of the ballpark

Most expensive condo

Brooklyn record:

\$7.8 million

Manhattan record:

\$88 million

When it comes to condos, the Dumbo waterfront has recently been a hotbed of record-setting prices. Buyers are willing to pay a premium for Dumbo's waterfront views and close proximity to Manhattan, said Halstead broker Charles Homet.

In Dumbo, "nearly every sale we're doing is breaking records," Homet said. "It's still cheaper than Manhattan, but it's

startling to see things trading at \$1,500, \$1,600 per square foot, when two years ago it was \$800, \$900 per square foot."

Dumbo grabbed headlines in 2010, when a 14th-floor, 3,208-square-foot penthouse at new development condo 1 Main St. sold for \$7.8 million, becoming the highest-priced Brooklyn apartment ever sold.

And right upstairs, 1 Main Street's famed Clock Tower penthouse is now listed for \$18 million, making it the highest-priced condo on the market in Brooklyn.

Visible from the

Manhattan Bridge, the three-bedroom triplex penthouse has massive circular windows, floating staircases and an elevator.

In general, high-end Brooklyn condos can be snapped up for less than Brooklyn townhouses, and far less than all their Manhattan counterparts. In 2011, an \$88 million condo deal at 15 Central Park West set the record for the highest-ever Manhattan home sale, and units reportedly in contract for more than \$90 million at Extell Development's One57 may soon usurp that title.

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Cheers for holiday parties



Riedel carries an assortment of styles. You can find its Sommelier line on display at the New York Museum of Modern Art. / PROVIDED

Serveware. Choose the right glass for your drinks with tips from Maximilian Riedel.

sign. While we tend to think of size and shape as mostly aesthetic components, Riedel insists they maximize flavor and enhance the drinking experience.

"The glass shape itself is crucial when it comes to wine flow, and of course the aromas that develop in the glass," Riedel says. "The shape of the bowl, but more importantly, the rim, allows the wine to flow at a certain pace onto your palate."

With the holidays approaching, we're all trying to figure out ways to up our tablescapes. For 11th-generation wineglass maker Maximilian Riedel, the answer is crystal clear.

Riedel Crystal and Spiegelau specializes in varietal-specific glassware with an emphasis on de-

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Sip from these

For Riedel, all glassware is not created equal

would not recommend that anybody drink beer from the bottle, because you don't get to enjoy the true taste and aromas."

1 **Trash the champagne flutes.** “The flute is obsolete,” Riedel says. “There’s no more need for a flute because a wine glass does a better job. If I could choose one, then it would be the mother of all wine glasses: our Sommelier Burgundy glass. That’s definitely the best glass, not only for beautiful pinot noir, but also for champagne.”

2 Short on cabinet space? Riedel's stemless tumbler works for a more practical lifestyle. These glasses are dishwasher-safe, easily stackable and harder to break.

3 Beer over wine If your friends and family members are beer people, Riedel says glassware can add a level of class. "Upgrade the beer by serving it in wine glasses," he says. "I



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Here comes the bohemian bride

Debut line. Mara Hoffman launches her first-ever bridal collection.

You may know designer Mara Hoffman for her colorful, tribal-inspired bathing suits or caftan-like dresses, which instantly transport you beachside in Tulum. Last week, the designer, known for her bohemian wears, launched a bridal collection perfect for the free spirit who wants to say "I do" barefoot in the sand or on a prairie somewhere.

Hoffman started the collection after several customers and friends special-ordered pieces for their big day, including jewelry designer Pamela Love, whose outdoor wedding was featured in *Vogue* last June.

"We had so many requests, we thought it would be a nice thing to give to our customer at an affordable level — and really stay true to who our customer is. She's someone who isn't necessarily able to spend \$5,000 on a dress," says Hoffman.

The designer and her team started researching prices in other affordable bridal markets, like J.Crew and Anthropologie's BHLDN line.

"We wanted to see what was out there and be able to offer more," she says.

Her line, titled "Devotional," retails between \$300 to \$1,700 and includes four gowns made



All dresses available at
MaraHoffman.com. / OLIVIA MALONE



IRIS BEADED GOWN
\$1,000

More with Hoffman

How did you keep the price down?

Accessibility was a big deal, and offering the line direct through our website gave us a way of keeping control of the pricing.

How would you describe your bride?

I like to think of her as the spontaneous bride in the sense that she's not someone who's necessarily planning for a year and a half. She might be the runaway bride in the sense they get

in silk georgettes and with intricate beadwork. There's also a bustier and long skirt set, a veil and, of course, two swimsuits perfect for those seaside nuptials.



TINA
CHADHA
tina.chadha@metro.us

engaged and she's running off to the beach and needs something fantastic to wear. She's a little bit more laid-back, a true bohemian.

If you were getting married tomorrow ...

I would want to get married on the beach or maybe in the jungle, probably barefoot, having with a shaman overseeing it. [Laughs] I would wear the Lakshmi gown. I love them all, but that one is very me.

A glimpse at the gowns

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THE NEW PLAYSTATION 4 SYSTEM WILL ENSLAVE US ALL

It's been seven long years since the PS3 took those first tentative steps into our living rooms. Now, like a politician who knows his or her time is up, it is stepping down in favor of someone with eight times the CPU power. (Wait, what?) Ladies and gentlemen, behold the PlayStation 4.

PlayStation 4

Company: Sony

Cost: \$400

★★★★ (until more games come out)

This is a gaming machine through and through. The specs are through the roof, the controller is miles above the not-so-great DualShock 3 and the UI is both usable and

fast. It's like Sony went through a laundry list of complaints about the PS3 and fixed each and every one. System updates are fast. Games can be streamed to the Vita for remote play with no great fuss. The console's architecture makes game development easy for people whose programming knowledge doesn't start and stop with the movie "Hackers."

What kind of brand new stuff did Sony bring to the table? The answer is: power, first and foremost. This will run some amazing titles down the line. For now, however, the pickings are fairly slim. That's just how things tend to go with system launches. The controller, also, has

See more at
www.metro.us



"Killzone: Shadow Fall" is one of the few games right now on the PlayStation 4. / SONY

been totally revamped, adding touch capabilities and a button for sharing your play session. This functionality creates a livestream so others can

Sidescroller

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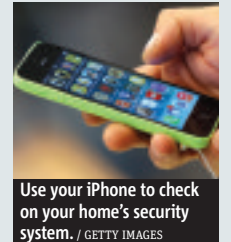
Homeowners worried about security while away have a range of new smartphone apps to monitor their property and notify them if there is a problem.

Viper Connect monitors homes and cars. The company supplies a do-it-yourself security system with motion sensors and video cameras, which can be watched remotely. The starter kit, which includes two sensors, costs \$229.99.

AT&T also has a security app, AT&T Digital Life, which starts at \$29.99 a month plus a \$149.99 fee for equipment and installation.

For \$199, iSmart Alarm connects to a similar system and lets users monitor their system without signing on for a monthly plan.

The Oplink app (\$149) requires a monthly package that starts at \$9.99. **REUTERS**



Use your iPhone to check on your home's security system. / GETTY IMAGES

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Diabetic or not, diet matters

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One of the best ways to prevent type 2 diabetes? Eat like a diabetic.

That advice might sound counterintuitive, but researchers in Germany examining the effects of lifestyle choices on the mortality of people who have diabetes and people who don't concluded that both groups benefited from the same advice for a healthy diet: Pack in fresh fruits and vegetables, whole grains and lean meats, and limit your intake of butter, fried foods and sweetened soft drinks. Although the advice is the same, diabetics have a 62 percent higher mortality rate than nondiabetics, so they will see even greater benefits from maintaining a healthy diet.

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside," says Dr. Bob Cuddihy, head of Diabetes Medical for Sanofi U.S. "Now we don't recommend a prohibition of sweets, but a balanced diet that's realistic."

The current figure is 1 in 10, but one-third of Americans could have diabetes by 2050, the Centers for Disease Control projected in 2010. The majority of people with diabetes, a metabolic disorder, have type 2, which means that the body doesn't use insulin — the means for getting glucose into your cells for energy — properly. This is

referred to as insulin resistance; in response, the pancreas starts overproducing insulin to normalize blood glucose (sugar) levels, but over time it won't be able to keep up.

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health," says Abigail Kennedy-Grant, a registered dietitian at the Diabetes Center of Mount Sinai Hospital in New York City.

Although one of the risk factors for type 2 diabetes is age — you're at greater risk after the age of 40 — the incidence of type 2 diabetes in young people is rising at an alarming rate.

Other risk factors are obesity, family history, having diabetes while pregnant, a sedentary lifestyle, and your race and ethnicity. African-Americans and Hispanics, for example, are more likely to develop type 2 diabetes than Caucasians.

The increase in obesity rates is considered a major contributor to the rise in type 2 diabetes cases. Sugary beverages are oft-cited contributors to the weight problem in the U.S.; study results published in April suggest that drinking even one can of soda per day can raise your risk for developing type 2 diabetes by 22 percent. But lifestyle changes can help many people prevent diabetes or bring it under control, even without medication. Kennedy-Grant, who recommends at least 30 minutes of moderate physical activity a day and a mindful approach to eating.

VIRGINIA PELLEY

letters@metro.us

Quoted

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health."

Abigail Kennedy-Grant, MS, RD, CDN, registered dietitian at The Mount Sinai Diabetes Center

Today

Get checked out

Mount Sinai's Community Health Fair will take place today from 11 a.m.-2 p.m. Come by for complimentary blood pressure and diabetes testing, nutrition and diet counseling, fitness demonstrations and more. 1468 Madison Ave., Guggenheim Pavilion, Atrium

It sounds basic, but loading up on fruits and veggies really does help. / POLKA DOT

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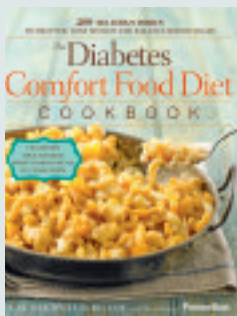
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Make any recipe diabetes-friendly

Curb carbs

The average person should consume between 45-60 grams of carbs at every meal. There are many delicious ways to keep your carbs under control — no calculator needed. You can select whole-grain ingredients, add more fiber to your meal or enjoy that pasta by using half as much and mixing in more low-



carb ingredients like fresh vegetables. These solutions prevent blood sugar spikes.

Fill up on fiber

For every 6 grams of fiber you add to a meal, cut 6 grams of carbs from your daily total. Add whole grains, leafy greens, beans, flax and other fibrous foods to your favorite

home-cooked classics.

Favor fats

Fat is actually good for diabetes — when it's the right kind. Incorporate omega-3 fatty acids and monounsaturated fatty acids (MUFAS) found in wild fish, olive oil, dark chocolate and other delicious foods, and cut out harmful saturated fats.

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More than 60 million people like you face the challenge of managing their type 2 diabetes. When combined with excess weight, this challenge can be difficult for anyone to overcome.

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Doctors at both Beth Israel Medical Center and Weill Cornell Medical Center are accepting new participants for the ENDO Trial. If you are at least 50 lbs. overweight and currently taking oral medication for your type 2 diabetes, you may qualify to participate.

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Recipe. Chocolate-Banana Stuffed French Toast



Go hog wild — it's healthy! / PROVIDED

Registered dietitian Laura Cipullo, along with the editors of Prevention magazine, came up with 200 indulgent recipes for diabetics with "The Diabetes Comfort Food Diet Cookbook." Try this indulgent breakfast over the weekend.

1 To make the filling: Mash about one-quarter of the banana slices in a small bowl with the back of a spoon. (You should have about 2 tablespoons mashed.) Stir in the almond butter, chocolate hazelnut spread, chocolate chips, nutmeg and cinnamon until smooth.

2 To make the French toast: Spread 4 slices of the bread with the banana

filling, dividing evenly. Top with the remaining banana slices and bread slices to make 4 sandwiches.

3 In a shallow dish or pie plate, whisk together the milk, eggs, vanilla and cinnamon until blended. Dip the sandwiches into the egg mixture, turning them over with a spatula to coat both sides, and set on a plate.

4 Heat a large nonstick skillet or griddle over medium-low heat and coat with cooking spray. Cook the sandwiches for 8 minutes, turning once, until golden and cooked through. Dust with powdered sugar if desired.

METRO

Ingredients

Filling

- 1 unripe banana, thinly sliced
- 2 tablespoons almond butter
- 2 tablespoons hazelnut spread
- 4 teaspoons dark chocolate chips
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cinnamon

French Toast

- 8 slices sprouted whole grain bread
- 1/2 cup unsweetened soy or almond milk
- 2 eggs
- 1/2 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

Prep time: 5 minutes
Total time: 20 minutes
Makes 4 servings

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All about type 1 diabetes

Autoimmune disease. Though far less common, type 1 diabetes does affect a significant number of Americans.

We often hear about the dangers of type 2 diabetes. But what's there to know about type 1 diabetes? For starters, it's a disease that you can be born with, whereas type 2 is developed over time.

"Type 1 is an autoimmune disease. Antibodies attack the pancreas, and it gets knocked out and can't produce insulin," explains Jerome Tolbert, M.D., the medical director for outreach at Beth Israel Medical Center's Gerald J. Friedman Diabetes Institute. "People with type 1 diabetes have to take insulin to live. It's a lifelong thing

they have to do every day."

Type 2 diabetes, on the other hand, occurs when the body resists insulin, often developing as a result of poor lifestyle habits. Type 1 was once called juvenile diabetes because of its tendency to affect children and teens. Its cause remains unknown, and there are no indicators of who might be at risk of developing the disease.

Tolbert stresses that the condition needs full commitment from the patient and a support team of doctors, family and, for kids, staff at school. But the ailment can be managed.

"It is intense and quite stressful, but there's a lot that can be done," Tolbert says. "We have lots of tools and excellent insulin delivery."

LINDA CLARKE
letters@metro.us

Every three months

The importance of checkups

If a type 1 diabetic's blood sugar levels aren't kept in check, it can lead to complications like high cholesterol and vision problems.

"Complications are

very common," says Tolbert. "But they can be prevented if blood sugar levels are monitored several times a day and patients get a three-month checkup with their doctors. It is a really serious condition and people need to understand that."



Only 5 percent of people with diabetes have type 1, the American Diabetes Association says. / GETTY IMAGES, WAVEBREAK MEDIA

See more at
www.metro.us

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[Are you diabetic?]



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DIABETES AWARENESS

32

If you're pregnant, watch out for gestational diabetes

The risk

50%

"Many women will have perfectly normal blood glucose levels after pregnancy," Zonszein says. "But it doesn't go away forever. Within five years, 50 percent of women who had gestational diabetes will develop type 2 diabetes."

Health. Even if you're not at risk, you could still wind up with this condition.

Melanie Jay didn't consider herself at risk of developing gestational diabetes, a diagnosis during pregnancy that means excess blood glucose (sugar) is passing from the mother to her baby via the placenta. A general internist and an assistant professor at New York University School of Medicine and Population Health specializing in obesity-related health services, Jay didn't have a strong family history of the condition, wasn't overweight, exercised

regularly and maintained a healthy diet. Pregnant with twins, however, she developed gestational diabetes and had it during her next pregnancy as well.

"The influx of placental hormones during pregnancy help your baby develop, but they can also block normal insulin function in the mother, making your body more resistant to insulin," Jay says. Without enough insulin, your body can't convert glucose into energy, so it collects in the bloodstream. High glucose levels in the blood can lead to serious pregnancy complications, such as preeclampsia (a high blood pressure condition that if left untreated can be fatal), preterm delivery, overweight babies and an increased risk of cesarean delivery.

The American Diabetes Association estimates that gestational diabetes affects 18 percent of all pregnancies. Some women are genetically predisposed to develop diabetes, particularly if they are overweight, says Dr. Joel Zonszein, director of the Clinical Diabetes Center at Montefiore Medical Center, the University Hospital for Albert Einstein College of Medicine.

Because moms-to-be with gestational diabetes are passing along high levels of glucose via the bloodstream, their babies overproduce insulin; this means they're getting more energy than needed, which is then stored as fat. Macrosomia, or "large" babies, can injure their shoulders during delivery, are at higher risk of developing respiratory problems and have a greater risk of becoming obese or diabetic later in life.

Women are often good about carefully controlling their diabetes with glucose monitoring, diet and exercise during pregnancy, but it can be more difficult after delivery, when the baby's health is no longer a factor and they're overwhelmed with the responsibilities of being a new mom. One study showed that many women don't



If you have gestational diabetes, you need to carefully monitor it before and after delivery. / PHOTODISC

Quoted

"The influx of placental hormones during pregnancy help your baby develop, but they can also block normal insulin function in the mother, making your body more resistant to insulin."

Melanie Jay, general internist and an assistant professor at New York University School of Medicine and Population Health

get screened to see if they have diabetes after they give birth.

"Many women will have perfectly normal blood glucose levels after pregnancy," Zonszein says. "But it doesn't go away forever. Within five years, 50 percent of women who had gestational diabetes will develop type 2 diabetes."

Because people are being diagnosed with type 2 diabetes at younger ages — a fairly recent phenomenon — more women will face additional health risks during pregnancy, Zonszein says. The baby might develop heart abnormalities,

for example, and women with type 2 diabetes often have high blood pressure, which can adversely affect her heart and kidney function and put her at greater risk for infections.

"The medical problems of these women are much more numerous than those of women without preexisting diabetes," says Zonszein. "Diabetes medications, such as hormones we use to lower the weight of the patient, haven't been studied [for use] during pregnancy. Often they're on medications they shouldn't be taking while expecting."

Therefore, it's important for women with diabetes to see their physicians before trying to get pregnant, he says.

"The key is education, not only how to monitor blood sugar levels but what she can expect before, during and after pregnancy," Zonszein says. "Women should also involve the entire family in learning to control diabetes, because if she has it, chances are her kids will. Prevention is easier than treatment."

VIRGINIA PELL
letters@metro.us

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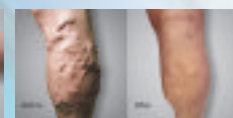
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Explaining the Affordable Care Act

Young and healthy? You still need insurance

This week, the Obama administration will release information on the number of individuals who have signed up for health insurance through the new online exchanges. Due to the technology issues, the numbers will undoubtedly be low. Despite the slow start, however, the goal is to have about 7 million people enrolled in 2014, with about 2.6 million being the young and healthy.

But will that essential group sign up? According to the Center for Health System Change, between 22 percent and 26 percent of uninsured adults between the ages of 18 and 35 believe that they are "healthy enough that I don't need health insurance."

Before you convince yourself that you are invincible and willing to take the risk of being un-



Accidents happen, even to the young and healthy. / STOCKBYTE

insured, take these facts into consideration:

1 Each year, about **52 million people between the ages of 18 and 44 go to the emergency room for care.** Based on an analysis of 10 common conditions, the average cost of an ER visit is \$1,233. That's more than

most people pay for one month's rent.

2 For individuals between the ages of 18 and 44, about **1 in 12 will be admitted to the hospital each year.** The average cost of a hospital stay in 2011 for 18- to 44-year-olds was \$25,869. Do you have that much cash set

aside for an unexpected hospital stay?

3 Twenty percent of the population between the ages of 19 and 64 struggle to make their medical payments; in 2013, high medical bills were the largest cause of bankruptcy filings.

Still think you're fine because you're healthy? The fact is, young, healthy adults land in the emergency room or the hospital because of unintentional injuries such as accidents and falls. Yes, you may be healthy today, but unless you live in a bubble, you are at risk for getting hurt.

Don't let a medical emergency also lead to a financial disaster. Getting health insurance is important for your physical health as well as your economic security.

Every week, Archelle Georgiou, MD, strategic adviser at HealthGrades, will explain one facet of the Affordable Care Act.

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Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Make travel plans, sign up for a course or gather information. No matter how you learn, it will end up being beneficial.

♐ Sagittarius | Nov. 22-Dec. 21. Stick close to home and take care of any renovations you want to make. Prepare for something that you are looking forward to.

♑ Capricorn | Dec. 22-Jan. 20. You should take pride in what you do. Don't worry about the changes going on around you. Concentrate on what makes you happy.

♒ Aquarius | Jan. 21-Feb. 18. Listen carefully, but don't bend to what someone else wants if it doesn't suit you. Make changes based on past experience.

♓ Pisces | Feb. 19-March 20. Avoid impulsive moves. Your focus should be on reaching your goals and turning whatever you do into a sweeping success.

♈ Aries | March 21-April 20. You'll be restless and emotional today. Don't feel pressured to react when you should be reviewing and re-evaluating. Time is on your side.

♉ Taurus | April 21-May 21. High energy will bring good results. Turn a power struggle into a positive situation. Romance will bring greater happiness.

♊ Gemini | May 22-June 20. Get in touch with old friends. It will encourage you to implement a positive change. Make your opinions known.

♋ Cancer | June 21-July 22. You probably won't please everyone, but as long as you are true to your word, you will command respect. A change in a relationship will bring you good fortune.

♌ Leo | July 23-Aug. 22. Look over your financial matters. Money may come from an unexpected source. A quick change of plans will be required.

♍ Virgo | Aug. 23-Sept. 22. Getting together with friends will be enlightening. The conversations will open your eyes. Love is in the stars.

♎ Libra | Sept. 23-Oct. 22. You'll be drawn to change, and emotional situations will develop among your friends and co-workers. Protect your interests.
BERNICE BEDE OSOL

Sudoku: Easy and hard

3								9
			4		3	1		
6		8		5				3
1	8	2				9		6
			6		5			
7		5				3	4	2
5				9		6		4
		9	5		4			
2								7

		8	9	7				4
	5			4				
		4				1	9	
8			4	1		3		
	1		7	9	5		2	
		9		8	2			1
	9	1				8		
				6			4	
6				3	7	9		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Open one's big mouth
- 5 Attic item
- 10 Frat-party attire
- 14 Rajah's spouse
- 15 — yoga
- 16 Fortas and Vigoda
- 17 On a rampage
- 18 Flawless
- 19 Webster or Wyle
- 20 Refutation
- 22 Ridicule
- 24 Zilch
- 25 Centurion's moon
- 26 Soundness
- 30 Doled out
- 35 — Baba and the Forty Thieves
- 36 Time to celebrate
- 37 Common practice
- 38 Singles
- 41 Eclipse
- 43 Gain admission
- 44 Checkbook amt.
- 45 Vim and vigor
- 46 Sleeps
- 47 Noisy insects
- 50 Give the eye
- 53 Prefix for "pod"
- 54 Funnel-shaped flower
- 58 Shade-loving plants
- 62 Dendrite's counterpart
- 63 100 kopecks

Down

- 66 Lengthy story
- 67 Hiss
- 68 Do gumshoe work
- 69 Etc. relative (2 wds.)
- 70 Aria, usually
- 71 Robust
- 72 Pub missile
- 1 Headless nail
- 2 Glittery fabric
- 3 Erelong
- 4 Two-piece suit
- 5 Cooler
- 6 "I've been —!"
- 7 Riviera summer
- 8 Famed orca
- 9 Eagle's gripper
- 10 Cistern
- 11 Band instrument
- 12 Forward or reverse
- 13 Wan
- 21 Support
- 23 Sartre contemporary
- 25 Drain cleaner
- 26 Obi-Wan Kenobi's foe
- 27 How some go it
- 28 Sings gaily
- 29 Motel room fixtures
- 31 PC button
- 32 Grayish-brown
- 33 White heron
- 34 Ocean trenches
- 39 Hire out
- 40 Match job
- 41 Galley mover
- 42 Cheerfully
- 44 Prior to yr. 1
- 48 — -Magnon
- 49 Greeted warmly
- 51 Circumference
- 52 Gene Tierney thriller
- 54 Move the puck
- 55 World's fair
- 56 Plug away
- 57 Till
- 59 Ciao, to the queen (hyph.)
- 60 Lab medium
- 61 Cellar contents
- 64 Keep out
- 65 "Put a — on it!"

Yesterday's answer



Letters

Are visits to the vet covered?

The first phase of the Affordable Care Act was when the president said, "You can keep your insurance if you like it" and, "You can keep your doctor if you want to" and, "Medical costs will come down \$2,500 for the average family." This was called Obamacare. The second phase was when the people found out their medical insurance policy may have been canceled or their doctor is no longer available to them or the price is now much higher. The president then tried to change the topic of discussion to immigration, the Israel-Palestine negotiation and raising the minimum wage. This should be called Obama-Don't Care. The last phase is when the people no longer trust the chief executive and they know his words are not reliable. They will call for a veterinarian because the president is a lame duck.

ARTHUR HORN, VIA EMAIL

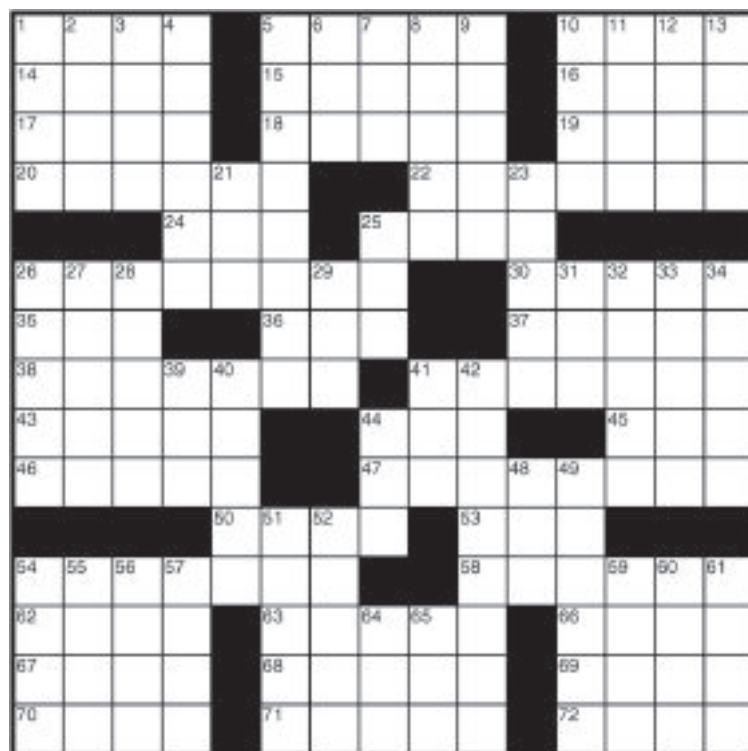
Philippines need help

Re: 'Help victims of typhoon' (Metro, Nov. 12) I would like to thank Frederick R. Beddell Jr. for his letter regarding the current plight of Filipinos after Typhoon Haiyan. I was born and raised in the Philippines, and lived there until I came here in the U.S. almost 26 years ago. It is heart-wrenching for me to watch videos and photos of the typhoon's aftermath, of dead bodies covered in debris floating along the shores of Leyte and Samar. Filipinos are known for their resiliency and cheerfulness. If readers would say a prayer for the victims and survivors so that they may be granted the strength and determination to overcome the hardships, the Filipino people will be forever grateful.

LORNA DAVIES, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.



Anthony backs up Woodson as coach

NBA. The Knicks are already feeling the pressure after a poor start and an embarrassing loss to San Antonio.

The early part of the NBA season hasn't gone exactly the way the Knicks or their faithful imagined. Carmelo Anthony used words like "frustrated" and "disappointed" on Tuesday to sum up the 2-4 start.

There's already speculation head coach Mike Woodson's job is in jeopardy, despite the Knicks guaranteeing the \$3.6 million he'll pocket in the final year of his deal for the 2014-15 campaign. But as Anthony reiterated, the onus isn't on the coach as much as it is on the players.

"Woody's not out there, we are," Anthony said. "Like I said [on Sunday] you can't blame Woody. We're not as a team giving him the effort that he's looking for, and we've got to change that."

That change could start as early as Wednesday night in Atlanta, as the Knicks take on the Hawks. The heat is on for the Knicks as team owner James Dolan already went on record at a concert over the weekend guaranteeing a win. That led Anthony to quip, "I guess we gotta win then."



Carmelo Anthony took some of the pressure off his head coach at practice Tuesday. / GETTY IMAGES

See more at www.metro.us

Upcoming schedule

The Knicks are getting ready to play a pair of national TV games this week.

- Knicks at Hawks tonight, 8 p.m., ESPN

- Knicks vs. Rockets Thursday, Nov. 14, 8 p.m., TNT

- Knicks vs. Hawks Saturday, Nov. 16, 7:30 p.m., MSG

Woodson, however, wasn't about to touch that subject, but he did allow change could be on the way in terms of his starting lineup.

"No, I'm not happy [with the way the team is playing]. I know we're better than what we've shown," said Woodson. "You start to wonder if it's

just early-season [feeling out] or a lingering issue. It's my job to figure this out and put out the fires. But still, the bottom line for us is we still have to defend, put ourselves in [better defensive] position and get that ball."

Woodson acknowledged he's considering using a new starting lineup against the Hawks, with J.R. Smith and Metta World Peace mentioned as possibilities. If Tuesday's session was any indication, look for the streaky Smith to be inserted into the starting backcourt alongside Raymond Felton. Smith was seen wearing a blue "starters" uniform, while the usual starter, Pablo Prigioni, was wearing the "reserve" white jersey.

Switching off-guards won't be the only solution. Losing defensive anchor Tyson Chandler four to six weeks with a broken leg leaves the Knicks with a huge void in the middle. Woodson has used 7-footer Andrea Bargnani at center at times, but he hinted he may insert rugged power forward Kenyon Martin into the middle.

TONY WILLIAMS
sports@metro.us

Slow and steady

Rangers play it safe with Nash return

Prudence has been the course charted for Rick Nash and the Rangers.

Nash and the organization are in agreement there will be no deviation from a cautious approach to a head injury suffered last month, although his return to the lineup seems to be on the horizon.

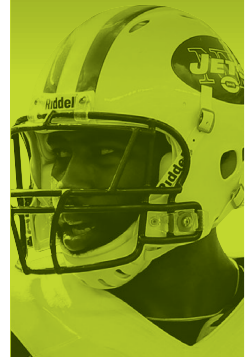
When he met with the media prior to Tuesday night's game against the Devils, head coach Alain Vigneault announced Nash will participate in Wednesday's practice. Nash will skate as an extra defenseman — as Ryan Callahan and Carl Hagelin did when they were in the final stages of their recuperation from torn left labrum surgeries — until his conditioning is at game levels.

"New York has invested a lot in me. I have invested a lot in them," Nash said. "So even if we were losing it would be stupid to rush back just because of that. It's a long-term contract and we want to make sure, from both sides, that I come back at 110 percent and ready to play."

DENIS GORMAN

3

SPORTS



Bitter pill

Revis bashes Jets fans

Former Jets All Pro cornerback Darrelle Revis bashed fans of the team in an interview with the New York Post Tuesday. "It's crazy, but I've been getting death threats from them since my first holdout," Revis said. "It's just bitter Jets fans."

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NFL power rankings | by Mike Greger

No. 1

Seahawks
(9-1)

Where are all of those people who jumped off the Seattle bandwagon hiding now? The Seahawks rode Beast Mode — that's running back Marshawn Lynch — for 145 yards and a touchdown in a win on the road at the Falcons, avenging last year's playoff loss with a 33-10 rout in the process. How sweet was this one? "It's the best game we've played," said head coach Pete Carroll.



No. 4

Patriots
(7-2)

New England moves up because everyone else moved down. The bye week can never hurt you, but it sure can help you sometimes.



No. 5

Saints
(7-2)

Drew Brees continues to push Peyton Manning for MVP. But the biggest boon was running back Mark Ingram's 145-yard performance.



No. 7

Lions
(6-3)

It's time to start taking Detroit for real. They can run it, they can throw it and they are one of the most resilient teams around.



No. 8

Panthers
(6-3)

The hottest team in football (that's what we called them last week) got hotter. They have the most underrated defense in football.



No. 10

Bengals
(6-4)

The Jungle Cats killed themselves with stupid, stupid penalties. Cincy had 114 penalty yards versus 102 yards of offense in first half.



No. 11

Bears
(5-4)

The offense looked better under backup quarterback Josh McCown than starter Jay Cutler, something the head coach admitted Monday.



No. 13

Eagles
(5-5)

Chip Kelly won't say it, so we will: Nick Foles is the starter for the rest of the season. New question, can he be the future of the franchise?



No. 14

Jets
(5-4)

Good things come in two, like the expected return of the Jets' best skill players, wideout Santonio Holmes and tight end Kellen Winslow.



No. 2

Chiefs
(9-0)

Kansas City was resting up for Sunday night's match-up against second-place Denver and a suddenly sore Peyton Manning.



No. 3

Broncos
(8-1)

Four touchdown drives in 8 minutes and 15 seconds? That is about as efficient as it gets in the NFL.



No. 6

Colts
(6-3)

Reggie Wayne isn't walking through that door. Indy needs to move past a bad loss to St. Louis and get back to basics.



No. 9

49ers
(6-3)

We're still waiting for QB Colin Kaepernick to turn in a repeat of Week 1. He's been good at times, just not MVP good.



No. 12

Cardinals
(5-4)

Arizona is alive in the wild-card hunt, but they aren't going anywhere until Bruce Arians gets Larry Fitzgerald on track.



No. 15

Packers
(5-4)

Aaron Rodgers could make a strong case for MVP of the league. He's that important to his team.

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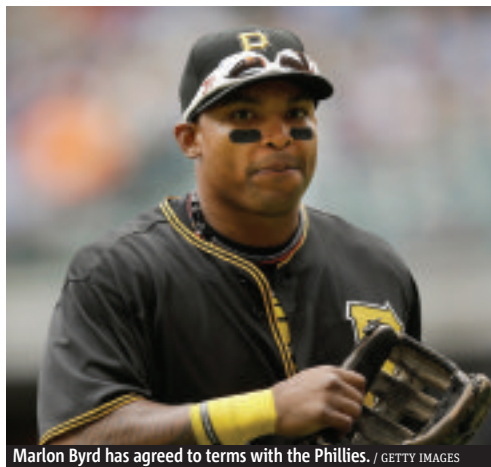


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Marlon Byrd has agreed to terms with the Phillies. / GETTY IMAGES

MLB. Phillies agree
to terms with former
Mets OF Marlon Byrd

Marlon Byrd cut his major-league teeth in Philadelphia and now he will wind down his baseball career at Citizens Bank Park after resurrecting it in Queens.

Byrd, who played with the rival Phillies from his rookie year in 2002 through 2005, agreed to a two-year deal with the Phils worth a reported \$16 million.

Philadelphia had been looking for a big right-handed bat and Byrd hit a career-high 24 home runs last season with the Mets and Pirates. Byrd was acquired by the Pirates for their stretch run in 2013 and had a home run in Pittsburgh's 6-2 wild card play in victory over the Reds.

Byrd was nearly out of baseball prior to his 2013 redemption tour as he served a 50-game suspension for testing positive for performance-enhancing drugs

By the numbers

\$700K

Byrd signed with the Mets prior to the 2013 season for just \$700,000 after playing well in the Mexican League during his PED suspension.

in 2012. He played in just 47 games in 2012, hitting just one home run, and had just nine home runs in 119 games with the Cubs in 2011.

The Mets took a chance on him in spring training, and it paid off in the first half of the season before he was traded.

Byrd said that he had mistakenly used Tamoxifen in 2012, a medicine that counters estrogen hormone in the body.

The outfielder was traded away from the Phillies to Washington in 2005 in exchange for Endy Chavez. **MATT BURKE**

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Animal Abuses

Legal Notices

NOTICE OF FORMATION
of OSB Enterprise LLC.
Art. of Org. filed with the
Secy. of State of New
York (SSNY) on October
9, 2013. Office location:
New York County. SSNY
designated as agent of
the LLC upon whom
process against it may
be served. SSNY shall
mail a copy of process to:
The LLC, 150 East 85th
Street, Suite 7D, New
York, NY 10028. Purpose:
Any lawful business.

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NOTICE IS HEREBY GIVEN
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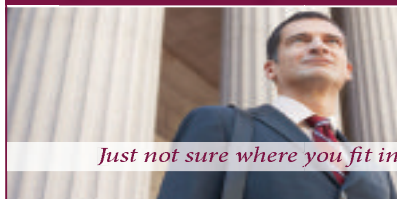
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